

HOME EXERCISES FOR BACK

1. Lying, hands at back of neck or on top of head. If back hollows in this position, bend knees.
 - (a) Breathe deeply, raising the chest, do not allow the back to list, keep chest fully expanded, and breathe out, by drawing the abdomen in. Take the next breath against the lifted chest, breathe out as before, without allowing the chest to drop.
 - (b) Same exercise, foot of table elevated.
 - (c) Same exercise, sand bag on lower abdomen.
2. Lying, hands at back of neck, chin in, knees bent.
 - (a) Contract the lower abdominal muscles with an inward, upward pull, tighten the buttock muscles and flatten the back against the table.
 - (b) Same exercise, foot of table elevated.
 - (c) Same exercise, sand bag on lower abdomen.
3. Lying, knees bent, chin in, arms folded across chest; raise head and shoulders
4. Postural Rest.
 - (a) Lying hands at back of neck, elbows touching table.
 - (b) Same as (a) place rolled towel under shoulders.
5. Lying, hands on hips, knees bent, back flat, chin in; turn head to side. Alternate.
6. Same position as (5), bend head to side, toward shoulder, Alternate.
7. Lying, face down, hands at back of neck.
 - (a) Raise elbows off table as far as possible.
 - (b) Raise elbows, head and shoulders.
8. Sitting straight and tall, abdomen in, back flat, head up, chin in, hands on hips; abdominal breathing as in (1).
9. Same position as in (8), hands on top of head, pelvic roll as in 2 (a).
10. Same position as in (8), hands on hips, bend upper part of trunk to side. Alternate.
11. Same position as (10), turn upper part of trunk to side. Alternate.
12. Standing, trunk bent over table, arms raised above head, grasping stick, keep abdomen flat on table; bring arms over and behind head, until stick presses on back of shoulders.
13. Standing facing corner, hands on wall, bend body forward by bending elbows, keep lower back flat, and heels on floor, toes turned in.
14. Standing, back to wall, feet 4-6 inches away, head, hips, and shoulders touching wall, chin in, hands at back of neck; stretch tall, push elbows back and breathe deeply as in (1). Do not let back arch away from wall.
15. Same position as (14), hands on hips, pull lower abdomen in and up, tighten and pull buttocks down to flatten back against wall. Do not bend knees.
16. Same position as (15), walk several steps away from wall.

NAME

NO.

DATE	EXERCISE	FRE- QUENCY	DATE	EXERCISE	FRE- QUENCY

EXERCISES IN LOW BACK PAIN

The low back pains that we discuss are the functional lumbo-sacral disabilities, with pain and tenderness in the region of the quadratus lumborum, gluteus maximus and medius, lumbo-sacral and sacroiliac joints, with or without the sciatic syndrome. It is evident that we do not include spinal cord lesions, fractures, neoplasms, tuberculosis, etc. However, we include the symptoms that go under the names of lumbago, lumbo-sacral or sacro-iliac strain, sciatic scoliosis, lumbar or gluteal myositis, etc. It is so common that most of us have had personal experience with these symptoms. We are here presenting simple and effective exercises more from the point of prevention than cure.

The evolution from quadruped to biped position weakened the anatomical structures in the lumbo-sacral region. This involved not only the skeleton, but the muscular system, the gastro-intestinal, circulatory, nervous, and genito-urinary systems.

Skeleton: The lumbar spine had to support a great weight from above, in addition to the pull from the viscera in front. The pelvic bones must act like shelves for the viscera, adding to the strain on the lumbo-sacral and sacro-iliac joints. In spite of this added weight bearing, we find more delicate bone structures than in a quadruped animal of the same size and weight as man.

